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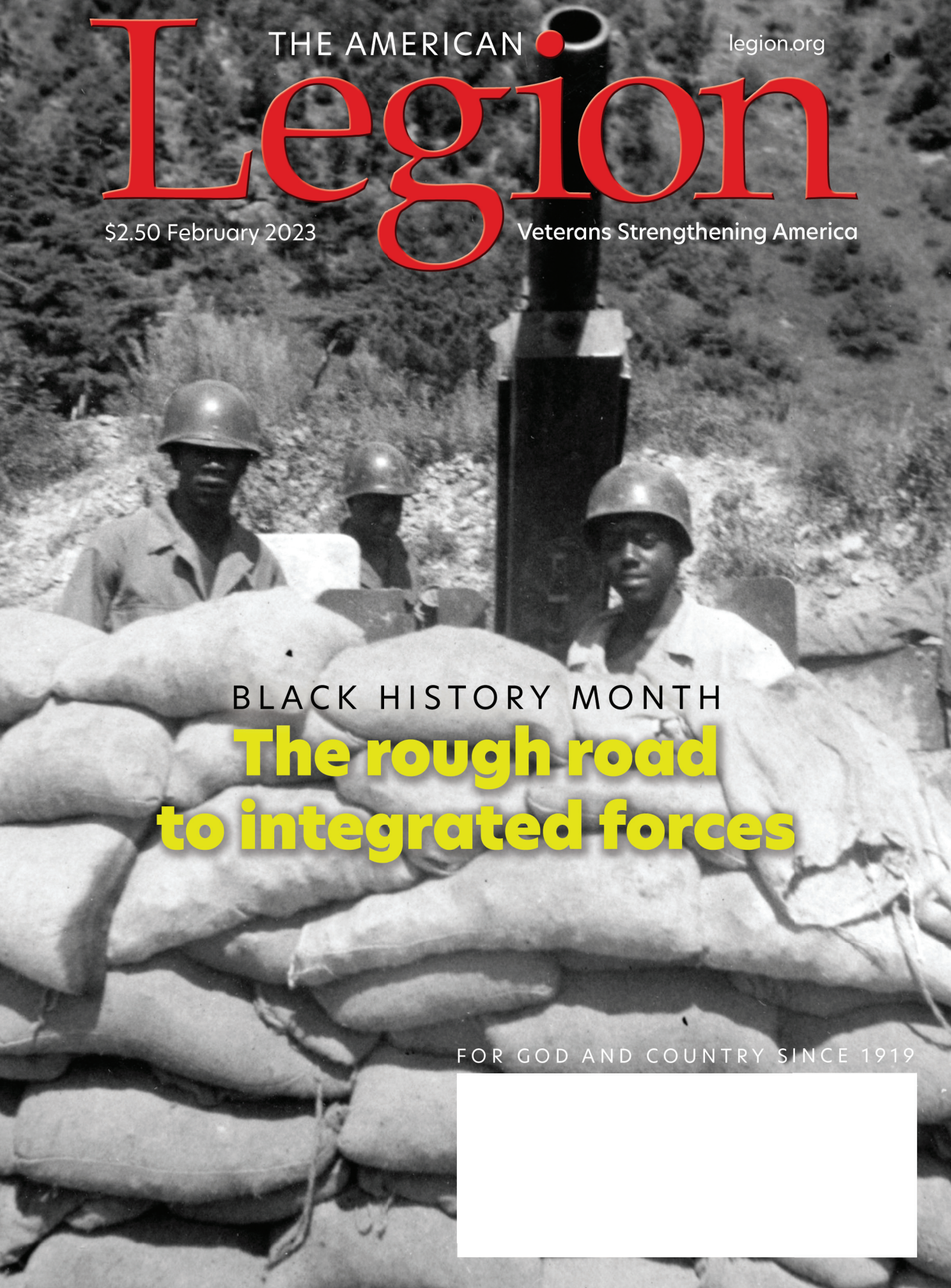

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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.6 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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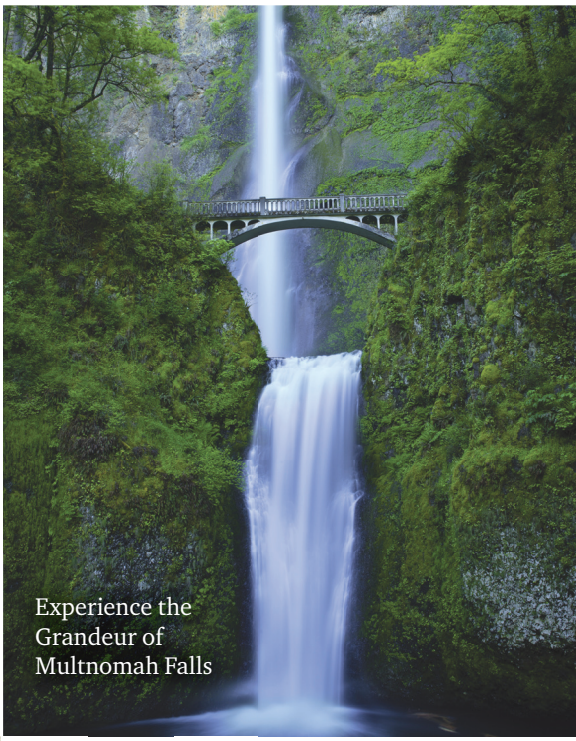

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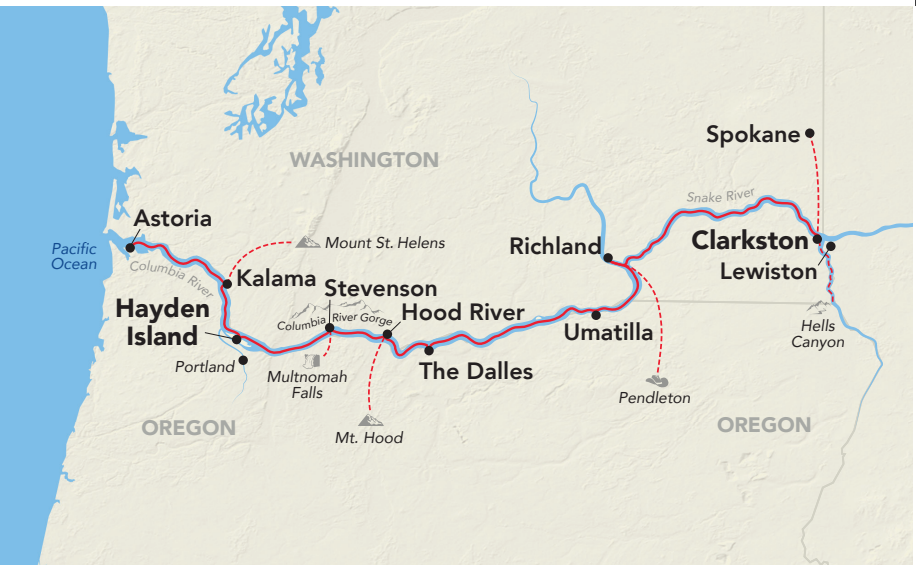

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Pillars of greatness

As our nation celebrates Presidents Day this month, I am reminded of The American Legion's 2016 resolution calling for patriotic holidays to be officially observed on their traditional dates. Among other requests, Resolution No. 292 specifically asks Congress to restore observances for President Lincoln's birthday to Feb. 12 and President Washington's to Feb. 22.

This year, I will be honored to speak at the annual Lincoln Pilgrimage, held at our 16th president's tomb in Springfield, Ill. This will be the 89th year Springfield American Legion Post 32 has hosted this meaningful and stirring ceremony. As if emancipating slaves and preserving the Union were not great enough legacies, the words from Lincoln's second inaugural address – "to care for him who shall have borne the battle, and for his widow, and his orphan" – perfectly express one of our organization's four pillars.

Which brings me to one of the greatest Americans to have "borne the battle," America's first commander in chief, George Washington. His farewell address to the nation is often read by our elected leaders serving in his namesake city. But Washington's concerns about foreign wars and political parties are frequently ignored. His words could have been Lincoln's platform: " ... your Union ought to be considered as a main prop of your liberty, and that the love of the one ought to endear to you the preservation of the other."

Washington's greatest legacy may well be his humility. Though some wanted him to be king, he accepted his role as president – and a reluctant one at that.

"Gen. Washington was granted virtually unlimited powers to maintain the war effort and preserve civil society, powers not unlike those assumed ... by Roman dictators," historian Matthew Spalding wrote in the February 2007 *American Legion Magazine*. "He shouldered the responsibility but gave the authority back as soon as possible."

It was this precedent set by Washington that allowed Lincoln to boldly proclaim on a Pennsylvania field that "the government of the people, by the people, for the people shall not perish from the earth."

THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

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Valdez vs. Complacency

As a former Coast Guardsman who served on international ice patrols that always included oceanographic research (along with being a four-decade nuclear power professional with 20-plus years of experience as a human performance practitioner), I cringed at the misapplication of the word "complacency" in Jeff Stoffer's article on the *Exxon Valdez* oil spill (December). Complacency is a natural default by people and not their fault. As a career safety professional, I have found that blather about risk to the general public does not work very well to gain their attention. If they don't feel it nor can readily imagine it, why would they not remain complacent?

One of the points Stoffer made was spot-on regarding the change in the design requirement for double hulls. That is where it really had to start, along with matching the preventive and protective measures to the imagined worst-case scenario.

It's easy to point fingers with the benefit of hindsight bias and blame a total lack of preparedness. The real lessons learned are centered on doing better with prevention through design and demonstrating preparedness to respond promptly to a worst-case accident through drill and practice.

Would that we had been better prepared for the outcome of March 24, 1989, but let's also keep in mind the causal factors involved in the first place, including fatigue.

Dave Varwig,
Monclova,
Ohio

***THE AMERICAN LEGION MAGAZINE* WELCOMES YOUR OPINIONS**

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine,
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Shining a light, saving veterans' lives

American Legion members are sharing powerful stories of how they're determined to "Be the One" when it comes to saving the lives of veterans in crisis. The Legion's Be the One initiative aims to remove the stigma associated with mental health therapy, and reduce the number of veteran suicides.

Visit **legiontown.org** to share your Be the One story and read others:

"From knocking at death's door, to being allowed to take another breath, to living just for another moment .... Five years have passed. Today, I'm a chaplain and service officer with American Legion Post 419 in Santa Clara, Calif. Grace, humility and gratitude have allowed me to help veterans and their families who are facing the same challenges I had. For those of us given a second chance, we bring the light."

Sunny "Dos" Dosanjh

"My son Brian did two tours in Iraq and came back with PTSD and TBI. In April, I received a text from him that he was going to commit suicide. As a chaplain's helper at the Sacramento Valley VA, I immediately contacted VA's crisis hotline .... I thank God and my training through VA (that) I knew what to do."

Michael Hughes, Lenard Yates Post 709,
Rancho Cordova, Calif.

American Legion National Headquarters has videos, pop-up banners, brochures and other resources for posts, departments and others to use for their Be the One activities.

Visit **legion.org/betheone/resources** to view, download and use these materials. Can't find what you're looking for? Email **magazine@legion.org** with your request.

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Great article. I'd like to point out the military involvement in the *Valdez* response. The equipment used to "power wash" the entire impact area was supplied by the Air Force. Lightweight Decontamination Equipment (LDS) was really the only purpose-built deployable equipment for chemical warfare defense at that time. In a nuclear/biological/chemical warfare environment, anything left intact would be so contaminated we wouldn't want it back.

Yes, it was a worthwhile effort, but at the time I felt it was a significant sacrifice to our mobility plans and hence our overall preparedness – which I pointed out, but saluted smartly and packed it all up. I've always wondered what became of all the equipment.

Clay Parcels, Belleville, Ill.

Honored in Vietnam

Regarding Patrick Brady's article (December), I served as a crew chief/door gunner on a slick, and we brought back dead and wounded when called upon, but for medevacs it was their primary mission. They went in when it really counted. Maj. Charles Kelly epitomized the best of us.

Charles V. Staab, Federal Way, Wash.

An opportunity to Be the One

While I was waiting for my appointment at the VA Medical Center in Aurora, Colo., a man plopped down next to me. Inebriated, he said he was there to detox. I asked if he had an appointment, and he replied no. "Why not?" I asked. He changed the subject, to his Army and my Air Force time during the Vietnam years.

As I gained his trust, I told him that since he took the first step in coming to the hospital, I'd help him down the hall and see he was cared for.

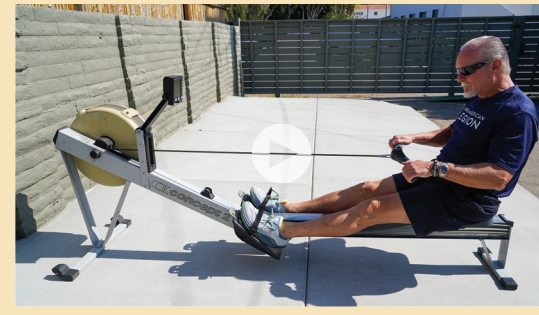
In our conversation, it was obvious that he was apprehensive and scared to get started on a road to recovery. I stood up, extended my hand and said, "Let's take the next step together." He said something I couldn't quite make out and quickly wobbled off into a crowd. I never saw him again.

When there is an opportunity, it is practically obligatory to help anyone in distress, confused, needing assistance and aid. We must "Be the One," at that moment, to lend a hand.

Rich Parker, Aurora, Colo.

THE PLAYLIST

American Legion videos you don't want to miss.



Crossing an ocean to Be the One
California Legionnaire, 71, joins a team to row more than 3,500 nautical miles.

Hiroshi Miyamura's story
Medal of Honor recipient and Army veteran, who died Nov. 29, describes his actions and captivity in the Korean War. See this and other "Medal of Honor Stories" on the Legion's national YouTube channel.

Visit **legion.org/magazine/videos** or subscribe to the Legion's YouTube channel to see, show and share other American Legion videos. Videos are also available for download at **vimeo.com/americanlegion**.

$2,200 National Temporary Financial Assistance grant funds disbursed in November to help military and veteran families with children at home facing unexpected financial hardships

143 New VA pension claims handled free of charge by American Legion Veterans Affairs & Rehabilitation staff specialists in November

11 New Sons of The American Legion squadrons chartered in November across the country

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Whereas ...

Reserve and National Guard servicemembers may only attain eligibility for the Post-9/11 GI Bill through authorized, active-duty service ...

The Harry W. Colmery Veterans Educational Assistance Act of 2017 recognized and retroactively authorized GI Bill eligibility to National Guard and reserve servicemembers who deploy alongside active-duty servicemembers under 10 USC §12304(b) orders ...

In 2017, Army Human Resources Command ordered a change in Interpretation of Service Qualifying for Post-9/11 GI Bill to count active-duty training orders pursuant to 10 USC §12301(d) as eligible service, providing thousands of Army reservists GI Bill eligibility for dates activated to military training including primary military education ...

Thousands of National Guard servicemembers have been activated to duties alongside said reservists, such as joint training operations and primary military education ...

National Guard and reserve servicemembers activated under state authorities at the onset of the COVID-19 pandemic were denied eligibility for the Post-9/11 GI Bill due to orders pursuant to 32 USC §502(f), which is not currently recognized as active-duty service qualifying for Title 38 benefits ...

Be it resolved,
That The American Legion seek and support any legislative or administrative proposal providing Post-9/11 GI Bill eligibility for National Guard and reserve service.

Passed, American Legion National Executive Committee Fall Meetings, Oct. 12-13, 2022

Photo by Jeric Wilhelmsen

An Eagle Scout's Dorchester *connection*

For his Eagle Scout project, Gregory Voce of Troop 97 wanted to revive local awareness about the Four Chaplains, and honor the 674 men who died when USAT *Dorchester* sank in the North Atlantic 80 years ago this month. Among those lost was Voce's great-grandfather, Frank Voce.

In 2021, Voce met with officers at **William E. DeBevoise Jr. American Legion Post 1682 in New City, N.Y.,** where his late grandfather was a member. With the post's support, he raised over $4,000 to do landscape work and install an outdoor plaque describing how Army Lts. Alexander Goode (Jewish rabbi), George Fox (Methodist minister), Clark Poling (Dutch Reformed minister) and John Washington (Roman Catholic priest) gave up their life jackets to save others.

"A lot of people have told me they'd never heard the story, and that was one of my goals: to educate the community," Voce said. "I think it's serving its purpose."

Tango Alpha Lima, by the numbers

The American Legion Tango Alpha Lima podcast concluded a successful third season in December. Highlights include:

- **30%** Increase in downloads in 2022 compared with 2021, as of Dec. 22
- **159** Published episodes since the podcast's debut on April 1, 2020
- **66,711** Audio downloads in 2022, as of Dec. 22
- **136,186** Total audio downloads since debut, as of Dec. 22

A new episode is released every Tuesday by 9 a.m. Eastern. To download, listen to and/or watch these episodes, visit **legion.org/tangoalphalima**.

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The long road to remembrance

Three Marines completed a six-month, 3,365-mile journey in late December, walking from USS *Constitution* in Boston Harbor to Newport, Ore., in support of America's missing and killed in action from all wars, and to raise funds for History Flight, a nonprofit dedicated to researching, recovering and repatriating U.S. servicemembers.

For Justin "J.D." LeHew, a highly decorated Marine and chief operating officer of History Flight, the journey reinforced "the principle of never leaving a fallen comrade behind, and that I am my brother's and sister's keeper."

Called "Team Long Road," LeHew, Coleman "Rocky" Kinzer and Ray Shinohara walked Highway 20, the Medal of Honor Highway. Along the way, they were celebrated by American Legion posts and members – especially in Oregon, their final leg.

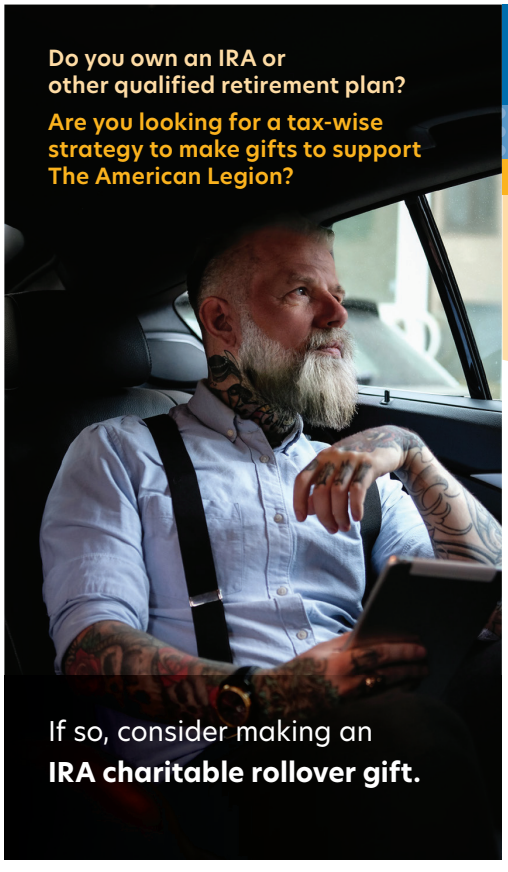
Dan Burks, the department's second vice commander, greeted the team at the state line Nov. 18. National Auxiliary President Vickie Koutz and National Security Division Director Mario Marquez joined them as they walked into Vale, where Past National Commander Charlie Schmidt and his wife, Linda, gave a warm welcome.

Legionnaires J.D. LeHew, front left, and Coleman "Rocky" Kinzer, back left, walk into Vale, Ore., with American Legion Auxiliary National President Vickie Koutz, front right, on Nov. 21. Photo by Kyle Green

"The rucksacks we carry represent the heavy burden carried by generations of warriors who have served in our nation's ranks since 1775, as well as the weight of the nation … to live up to the promise that we will never leave a fallen comrade behind," LeHew said.

Read more at **teamlongroad.com**.

– Cameran Richardson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Sacred Stone of the Southwest is on the Brink of Extinction

Centuries ago, Persians, Tibetans and Mayans considered turquoise a gemstone of the heavens, believing the striking blue stones were sacred pieces of sky. Today, the rarest and most valuable turquoise is found in the American Southwest— but the future of the blue beauty is unclear.

On a recent trip to Tucson, we spoke with fourth generation turquoise traders who explained that less than five percent of turquoise mined worldwide can be set into jewelry and only about twenty mines in the Southwest supply gem-quality turquoise. Once a thriving industry, many Southwest mines have run dry and are now closed.

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HEALTH & FITNESS BY JENNIFER CAMPBELL

The risk of too much (or any) alcohol

Media Bakery

It's well documented that heavy drinking and abusing alcohol can take a serious toll on a person's health. But new research is suggesting that no amount of alcohol consumption is safe for overall physical health.

These findings are especially troubling for military and veteran communities, which have a significantly higher representation than their civilian counterparts. Many gravitate toward alcohol as a way to deal with stress, boredom and loneliness. Even more problematic is its ritualization within military and veterans communities.

A 2013-2017 review of Centers for Disease Control and Prevention (CDC) data found that U.S. servicemembers spend more days a year drinking alcohol than people in any other industry. These are habits that follow veterans into post-service life.

In fact, a study examining data collected as part of the 2017 National Survey on Drug Use and Health found that veterans, compared to their non-veteran counterparts, were more likely to use alcohol (56.6% vs. 50.8%) and also reported heavier alcohol use (7.5% vs. 6.5% in one month).

Binge-drinking outcomes are twice as likely to lead to negative consequences, including interpersonal, legal and professional issues. The study also found that higher levels of combat exposure correlate with an increased risk of troubling alcohol consumption.

Alcohol use can damage the body in several ways:

Brain Alcohol disrupts brain communication pathways. These interferences can alter our mood and behaviors, making cognition and coordination more difficult.

Heart Prolonged drinking or high consumption on a single occasion can harm the heart, which can include chronic heart disease, arrhythmias, stroke and hypertension.

Liver Heavy alcohol use stresses the liver, leading to inflammation and issues such as steatosis (fatty liver), alcoholic hepatitis, cirrhosis and fibrosis.

Pancreas Alcohol causes the pancreas to release toxic substances that can lead to pancreatitis, which can be life-threatening. Pancreatitis is severe inflammation and swelling of the blood vessels in the pancreas, impeding normal digestion.

Immune system A weakened immune system can result in the body becoming easier prey for disease. Chronic drinking attracts diseases like pneumonia and tuberculosis, and harms the ability to fight infections. Alcohol can also disrupt sleep, which suppresses your body's ability to recover.

Cancer According to the National Cancer Institute, there is a strong scientific consensus that alcohol consumption can cause several types of cancer. Even those who average no more than one drink per day have a modestly increased risk of some cancers. For more information about alcohol and cancer, go to **cancer.gov**.

If you have questions or concerns about your alcohol consumption, seek guidance from your doctor, other medical professionals or an organization like Alcoholics Anonymous.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of the California American Legion's 24th District and Hollywood Post 43.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

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Natural treatments for nerve pain

Behavioral therapies, hypnosis and meditation can offer relief.

BY MARK L. FUERST

Chronic pain is a major public-health concern, especially among veterans. Two-thirds of Americans who served experience ongoing pain, and often are offered only medications to help. But even with so-called painkillers, veterans continue to live with significant pain as well as side effects.

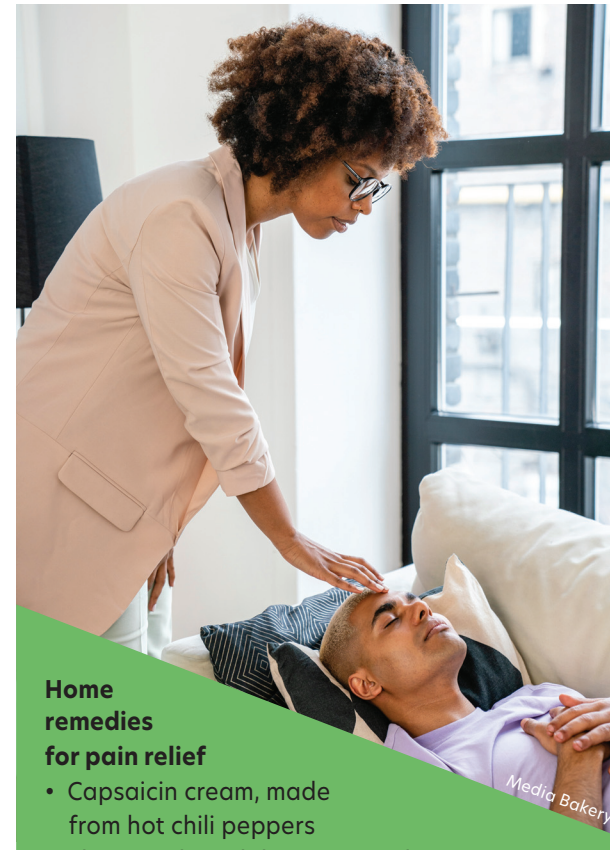
Many veterans suffer from nerve pain, most commonly caused by medical conditions such as diabetes, side effects from drugs or chemotherapy, or injuries. Nerve pain often persists even with medical treatment. If you have continuing nerve pain, you may want to try complementary or alternative approaches to improve it.

A recent study of 328 veterans conducted by University of Washington Medicine and the VA Puget Sound Health Care System found that mindfulness-focused meditation and hypnosis had better long-term effects in reducing pain than education in pain management. By six months post-treatment, one quarter of veterans who learned self-hypnosis, and 22% who used mindfulness meditation, reported clinically meaningful improvements in pain intensity.

Meditation teaches awareness techniques to relax the body and quiet the mind to help reduce pain, improve mood and decrease stress. Hypnosis is used to treat and alleviate a variety of physical and psychological symptoms.

Behavioral therapies, too, can be used to improve your pain experience and restore function by addressing the cognitive, emotional, behavioral and social factors that contribute to the stress of pain. These include cognitive behavioral therapy to focus on changing your thoughts about pain, biofeedback to learn how to control body functions such as muscle tension and other bodily responses to stress, and guided imagery (visualization), a scientifically validated way to relieve pain.

Mark L. Fuerst is a Brooklyn-based health and fitness writer.



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Home remedies for pain relief

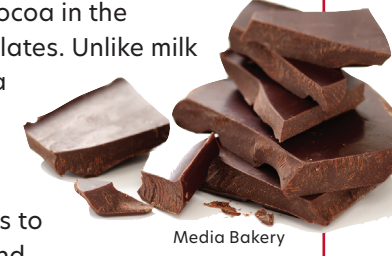
- Capsaicin cream, made from hot chili peppers
- The anesthetic lidocaine in gel, ointment or patches
- Massage, which may be especially helpful with painful muscle spasms
- A warm bath to increase blood flow and help ease stress

Nonprescription options for managing pain

- Acupuncture
- Acupressure
- Yoga
- Tai chi

Physical activity can help reduce pain and increase mobility, such as gentle aerobic walking, swimming and cycling.

70% Amount of cocoa in the healthiest dark chocolates. Unlike milk chocolate, high-cocoa chocolate includes polyphenols, iron, zinc and magnesium, and tends to be lower in calories and sugar. Source: *U.S. News & World Report*



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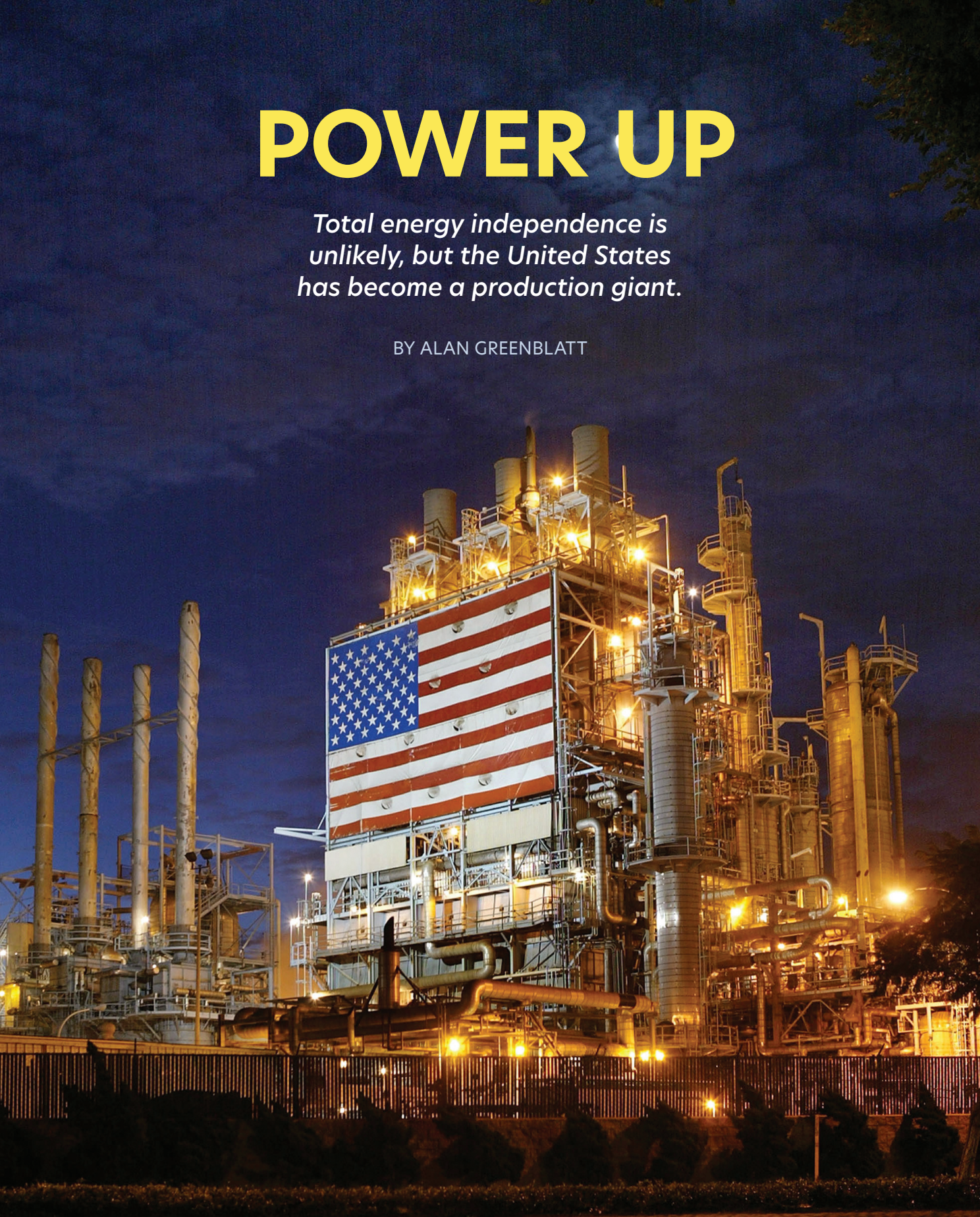
POWER UP

Total energy independence is unlikely, but the United States has become a production giant.

BY ALAN GREENBLATT



The Wilmington ARCO refinery, Los Angeles, 2003 Getty

In 2019, the United States accomplished something it hadn't pulled off since the 1950s. The country once again became a net exporter of energy, meaning it produced more than it consumed and thus had to import. By then, America had regained its historic status as the world's largest producer of oil, again for the first time in decades.

So why did we see price surges like we did in 2022? It turns out that energy independence is much harder to achieve than to talk about. That's especially true when it comes to oil, a product whose price is set by global markets. No matter how high domestic production gets, prices are still subject to shocks from events such as Russia's invasion of Ukraine.

"The United Kingdom produces all the oil that it uses, and Japan produces none," says Benjamin Zycher, an energy expert at the conservative American Enterprise Institute (AEI). "They face the same price changes based on world conditions."

The war in Ukraine not only increased oil prices but intensified the debate about them. Critics of the Biden administration blamed the president for his heavy-handed regulatory approach in canceling the Keystone XL pipeline and offshore oil leases in Alaska and the Gulf of Mexico. Given the price spike, the nation needed to drill more at home, they argued.

Conversely, supporters of renewable energy sources, such as solar and wind, contended that the war proved their case that the United States should limit or even eliminate its reliance on fossil fuels.

> The American Legion's **Resolution No. 4 (2022)** asserts that the nation's energy needs for civil and military purposes are dependent on foreign, often unfriendly sources, and **calls on Congress to renew efforts to attain and retain energy independence**.

"If Vladimir Putin decides to invade, it doesn't impact the price of sunlight or wind," says Harry Godfrey, a policy director with Advanced Energy Economy, a clean-energy trade association. "That is a real form of energy independence because we are no longer reliant upon a global economy fuel to power our economy."

Although there's plenty of wind in Texas and Iowa, the parts and materials needed to make turbines – and, especially, solar panels and the batteries needed to store electricity from renewables – come largely from China. The Biden administration is trying to encourage more mining to address this issue, but there are major logistical and legal hurdles yet to overcome. For now, it means renewables have a big supply-chain problem, which in fact leaves them vulnerable to global shocks as well.

It's a complicated picture, involving various forms of fuels used for power in homes, businesses and vehicles. Although the United States has enormous energy resources, it's hard to see a way for the country to be wholly independent for the foreseeable future. It all comes down to supply and demand. No matter how much supply is on hand, if demand is greater elsewhere markets will respond. If a producer – including a U.S. producer – can get a higher price selling to Japan or the UK, that's where the oil will go.

The Strategic Petroleum Reserve will never be large enough to have more than a minimal offsetting effect on prices. That doesn't mean, of course, that the country can't become better protected in terms of access, affordability and reliability.

The idea of energy independence has been with us a long time. In 1973, President Richard Nixon addresssed the nation from the Oval Office to announce the launch of Project Independence. In the face of a Middle Eastern oil embargo, he called on Congress to authorize construction of an Alaska pipeline, increase natural gas production and set reasonable standards for coal mining,

1957
The last year the United States produced as much oil as it consumed, until 2019

2018
Year the United States passed Russia and Saudi Arabia as the world's largest oil producer

Oil and gas fields pock the land around Midland, Texas, in the Permian shale basin. EcoFlight

$309 billion
Decline in U.S. trade deficit thanks to the shale revolution

saying the nation could achieve "the strength of self-sufficiency." He called for U.S. energy independence within 10 years.

Instead, more oil shocks followed. It wasn't until the early years of this century, with the so-called shale revolution, that America really made up ground in terms of oil and natural gas production. A combination of techniques known as hydraulic fracturing ("fracking") and horizontal drilling unleashed gushers of oil and gas that had been trapped inside shale deposits in Pennsylvania, North Dakota, Texas and other states.

The effort was huge. From 2009 to 2019, investment in oil and gas extraction represented more than two-thirds of U.S. industrial investment, writes Daniel Yergin in his history of recent energy developments, "The New Map." But it paid off. In 2004, North Dakota produced 85,000 barrels of oil per day. Now it produces more than 1.1 million barrels per day. The gains in terms of natural gas are even more striking. Before the shale revolution, coal accounted for half of U.S. electricity generation. Today it's less than a quarter. At this point, natural gas represents nearly twice as large a source. Consumers got a break when prices plunged more than 40% by late October from summer highs.

"Ten or 15 years ago, we started talking about putting LNG (liquefied natural gas) terminals in Houston and different ports with the idea that we were going to be shipping in gas from places like Qatar," says Brian Murray, director of the energy initiative at Duke University. "Instead, with hydraulic fracturing, we're using the terminal to export a lot of LNG."

The shale boom

Shale is a type of fine-grained sedimentary rock. It's also become a source of enormous wealth.

Some shale formations are loaded with oil and natural gas, but these had long been unobtainable. The Mitchell Energy & Development Corp. pioneered the use of two technologies, hydraulic fracturing and horizontal drilling, that succeeded in liberating shale gas in north-central Texas in 2000.

Fracking works via opening up cracks by injecting water, chemicals and sand into the earth at high pressure. Horizontal drilling allows the drill bit to turn, exposing more of the rock and leading to more recovery of oil or gas.

By 2008, U.S. production of natural gas started going up following a long decline, with shale "plays" now occurring in some 30 states. Last year, natural gas production reached record highs, thanks largely to fracking wells in three regions.

Prices had fallen in half over the decade leading into the pandemic. They reached shale-era highs in August before plunging last fall. Between 2009 and 2019, increases in oil and gas investment accounted for 40% of all the growth in U.S. industrial production. That year, the shale revolution was responsible for 2.8 million jobs. It's also been worth more than $1 trillion in revenues for federal and state governments.

An LNG cargo ship transports liquefied natural gas in membrane tanks. The largest tankers carry enough natural gas to power between 50,000 and 70,000 homes for one year. Department of Energy

15 billion
Additional cubic meters of liquefied natural gas the United States exported to Europe last year

20.1%
Share of electricity generation from renewable sources in the United States

80%
Share of global energy generated by oil, coal and natural gas

After the war started in Ukraine, the Biden administration announced it would increase LNG exports to European allies – who rely heavily on Russian gas – by nearly 70%, with continued increases through the end of the decade. It was a dramatic example of the foreign-policy breathing space created by domestic energy production – to say nothing of value in terms of jobs and the trade balance. By November, European nations had a three-month supply of natural gas stored up, with additional tankers waiting off the coast of Spain.

Since the start of the shale revolution, top officials of successive administrations have noted that greater domestic energy production adds to national security strength.

"This is why President Trump didn't call it energy independence, he called it energy dominance," says Myron Ebell, energy director for the Competitive Enterprise Institute, a free-market think tank.

Ebell notes, however, that the country will never be wholly independent. It wouldn't work to wall off the country in terms of energy. There will always be some moving out and some coming in. Some oil produced here gets refined elsewhere, and vice versa. There was a ban on U.S. oil exports amid the price shocks of the 1970s. President Reagan eased the ban on refined petroleum products, and the export ban on crude oil – which Alaska Sen. Lisa Murkowski called "a sanctions regime against ourselves" – finally ended in 2015.

Not all imports are a geopolitical problem. The Keystone pipeline, for example, involved transporting Canadian oil, not U.S. crude. (Canada supplies about half of this country's oil imports, three times as much as OPEC nations.) And even in terms of purely domestic markets, oil produced in the Gulf of Mexico typically doesn't turn into gas pumped into cars in California, for legal and technical reasons.

The same is true for renewables. Wind power production in the Texas Panhandle sometimes runs so high that utilities will essentially pay users to take electricity off their hands. But even then, it doesn't serve to lower prices in Dallas or Houston.

Renewable energy now accounts for about 20% of U.S. electricity production. It achieved a big milestone May 8, when California generated enough power from renewable sources to meet 103% of consumer demand.

Of course, not every day is a mild, sunny, windy day in California. Although the cost of generating power from renewables has come way down, there are still big problems with transmission and storage. That's why President Biden and other politicians talk about the need to modernize the power grid. In April, he announced $2.3 billion in funding for that.

"If we can upgrade our electric grid, we have the ability in this country to power our economy entirely from homemade renewable power that completely separates us from all the dangers and gyrations of global fuel markets," says Greg Whetstone, president of the American Council on Renewable Energy. "If we can do that, then we're no longer helping fund the aggression of autocrats around the world."

Biden wants clean power not only to achieve greater independence but to combat climate change. The trillion-dollar infrastructure package enacted in 2021 provides $62 billion for clean-energy initiatives. With a goal of having 100% of the nation's electricity needs met by clean sources, he invoked the Defense Production Act in April to spur domestic mining and processing of materials used in the batteries for electric vehicles and stationary energy sources. And in May, he announced a $3 billion investment in lithium ion batteries.

"Even if all the oil we use in the U.S.A. were made in the U.S.A. ... until we achieve a form of energy independence that is based on clean energy created here at home, American citizens will still be vulnerable to wild price hikes," Transportation Secretary Pete Buttigieg said.

Biden hopes not only to grow the clean-energy sector, but make it less reliant on China. Again, that's something much easier said than done. Getting mines approved is a process that takes years, if not decades. Key components in solar-panel construction come from overseas as well. "The renewable world is part of a global economy," Whetstone says. "That gets into supply-chain problems."

Whetstone argues these kinks can be worked out with manufacturing and mining brought onshore. The bulk of the $248 billion CHIPS and Science Act that Biden signed in August is devoted to semiconductor manufacturing, but it also includes programs meant to spur development of clean and advanced energy programs. And renewables are not only a priority for the administration but many consumers, including big corporations concerned about climate. In May, Ford delivered its first F-150 Lightning, the electric version of the country's most popular vehicle. The same technology powering that truck or a Tesla will eventually be built to scale to store power at utility plants.

About half the states have requirements demanding that utilities generate increasing shares of power from renewable sources. "What we've seen over the last decade is that solar and wind have marched down the cost curve," Godfrey says. "In many parts of the country, renewable generation is the least costly form of electricity generation."

Despite its growth, however, renewable energy remains a comparatively small part of the nation's overall energy mix – about 12% last year. Biden drew heat in May when he talked about "an incredible transition" the country was making in a way that seemed to suggest applause for high gas prices as a useful mechanism in shifting consumers away from fossil fuels.

"We should be talking about the increase in national wealth that is created by the efficient production of natural resources, including fossil fuels," AEI's Zycher says.

While Biden's remark provided fodder for his conservative critics, climate activists are unhappy that the president isn't shifting away from fossil fuels fast enough, releasing barrels from the Strategic Petroleum Reserve and getting the Environmental Protection Agency to lift restrictions barring summer sales of gasolines blended with ethanol.

"It's not even so much that I think the administration is recommitting to oil and gas, it's that nobody can tell what they're trying to do," complains Justin Guay, director of global climate strategy at the Sunrise Project environmental group.

Energy production is a complicated business, with various moving parts, made even more complicated by the fact that the U.S. market is not in fact a wholly separate market. But the main two opposing camps both have reasons for optimism. Renewable energy production and fossil-fuel extraction have grown enormously over the past decade. It hasn't been enough to make the United States independent, as current gas prices will attest. But it does mean the country was better insulated from Russia's incursion than its European allies, or than it would have been had something similar happened during the Cold War.

Alan Greenblatt is a senior staff writer with Governing.

24.2%
Decline in U.S. coal production from 2020 to 2021

10,645
U.S. coal jobs lost since 2019

Workers talk during a shift change outside a coal mine in Wheelwright, Ky., in 1946.
National Archives

End in sight for coal?

Coal used to be king when it came to domestic electricity generation, but it's been dethroned. Coal now barely makes up 20% of U.S. electricity.

When Bill Clinton left the White House in 2001, there were 30,000 coal mining jobs in eastern Kentucky. By the time George W. Bush left office eight years later, that number had been cut in half. When Barack Obama's tenure reached its end, the number of people still working in coal in the region was below 4,000.

Donald Trump did what he could to revive coal's fortunes, dismantling Obama's Clean Power Plan, which aimed to shift electricity generation away from coal-fired plants. Although federal environmental regulations are not a friend of coal, it turns out that the real enemy was natural gas, which is cheaper and now accounts for nearly twice as much electricity generation as coal.

Coal companies are enjoying some good days right now. Coal prices have jumped, thanks to global demand caused by Russia's war in Ukraine. The International Energy Agency announced in July that global demand this year would break the record set back in 2013. Prices for thermal and coking coal from East Coast suppliers are about three times higher than they were a year ago, although they've been fairly volatile in the fall and winter months. Prices remain high enough to make exports worthwhile, but sales aren't enough to replace the longer-term drop in domestic demand.

Coal companies are happy to collect increased profits now, but they're not investing or expanding. Coal-fired power plants face competition from cheaper gas, along with concerted political opposition from environmentalists. Many are aging past their natural useful lives. Utilities expect to get 50 years or more out of a plant. No one expects coal to be in demand that long.

"If anything was going to inspire these companies to produce more coal, these prices would have done so," says Taylor Kuykendall, a coal analyst with S&P Global Market Intelligence. "We're getting to the point now where people are seeing the writing on the wall for coal."

FIT FOR THE FIGHT

BY THOMAS J. WARD JR.

The Korean War exposed flaws of military segregation.

History textbooks often point to President Harry S. Truman's 1948 Executive Order 9981 as the moment when racial discrimination was abolished in the U.S. Armed Forces. However, while the executive order stipulated an end to such segregation, military leaders delayed its implementation.

When the Korean War began in 1950, the Navy and Air Force had begun integrating their ranks, but the Army remained rigidly segregated, and many leaders openly disparaged the fighting ability of Black soldiers. In response to Truman's order, Secretary of the Army Kenneth Royall insisted that African Americans were "fearful, unreliable and lacked the manly virtues of the warrior," making them "unfit for the fight."

"The Army is not out to make any social reforms," said Army Chief of Staff Omar Bradley, who resolved that "the Army will not put men of different races in different companies. It will change that policy when the nation as a whole changes it."

Despite this resistance, the Korean War came at a time when the role and percentage of African Americans in the military was on the rise. In the wake of World War II, as white GIs were happy to get home and resume their lives, the military – despite continued segregation – provided economic opportunities for Black troops and a haven from the most oppressive aspects of Jim Crow society.

Sgt. 1st Class Major Cleveland, weapons squad leader, points out a communist-led North Korean position to his machine gun crew, fighting with the 2nd Infantry Division, north of the Chongchon River on Nov. 20, 1950. Army

South Carolina's Leroy Williams recalled that "having no resources to go to college, I convinced my mother to let me volunteer for the Army" when he graduated from high school in 1947. For men like Williams, the military was viewed as a path to upward mobility that life in postwar America simply did not provide for them.

Many Black World War II veterans, like Ransom Wayman, re-enlisted in the Army after finding limited opportunities at home. Shot six times and captured by the Chinese in Korea, Wayman later would still consider the Army the best job he ever had. As a result of continued Black enlistments, while the U.S. military quickly decommissioned between 1945 and 1947, African Americans' presence in the Army increased from 10% to 16% over the same period. Truman's 1948 executive order also inspired many Black men to join, believing the military would provide an equality of opportunity the greater American society lacked.

"Black men who enlisted in late 1948 and early 1949 expected to join an integrated military," wrote historian Kimberly Phillips. "They heard about President Truman's executive order, and they read about the military's opportunities in the Black weeklies … but they found a rigidly segregated Army" and "discovered that racial equality did not begin in the barracks or on the battlefield."

The increased percentage of Black soldiers, many of whom were stationed in Japan and other areas of occupation in the Far East, meant that many of the first troops to arrive in Korea were all-Black units. Among the first full-strength battalions to arrive on the Pusan

The Black POW experience

When the Korean War began in 1950, much of the Army remained solidly segregated. As a result, all-Black units stationed in post-World War II Japan were among the first U.S. troops to enter Korea. Almost two-thirds of American POWs were taken in the first six months of the war, when a large number of all-Black units were on the front lines. As a result, only the Civil War saw more African American soldiers taken prisoner.

In camps located along the Chinese border, their captors separated the prisoners by nationality and race. The Chinese segregated U.S. troops to both foment discord and forestall unity. "They tried to turn the whites against the Negroes, and when that failed they tried to turn the Negroes against the whites," a white POW remembered.

The Chinese also subjected all prisoners to intense, daily ideological indoctrination to try to force the prisoners to accept communist ideology. Much of this "re-education" was based on racial friction in the United States. The Chinese discussed American practices of lynching, job discrimination and disfranchisement with Black prisoners, asking, "Why were you, as a Black man, over here fighting for the white imperialist?" another POW recalled.

Most of the Black troops were not swayed by their captors' arguments, however. "They told us there was no segregation in communist countries," a Black soldier recounted later, "and then they segregated us."

"Men died every day along the route of the march and were left lying in the snow. If they were injured badly, they never bled … (the) wounds coagulated themselves, froze … but what I think ended up killing a lot of them … (was) pneumonia, freezing to death."

Pfc. Robert Fletcher of Ypsilanti, Mich., who was captured Nov. 28, 1950, and released Aug. 8, 1953

The 2nd Ranger Infantry Company trains Black replacement troops for the 7th Infantry Division in Korea, April 1951. Army

Perimeter in the summer of 1950 were the 24th Infantry Regiment of the 25th Division (of Buffalo Soldiers fame) and the 159th Field Artillery Battalion, which were joined to form the 24th Regimental Combat Team. As had been practice in the Army since the creation of the all-Black units in the Civil War, both were commanded by white leaders, with a mix of white and Black officers commanding subordinate elements.

While a number of the Black officers were combat veterans, many of the white officers – including the commander of the 24th Infantry Regiment, Gen. Horton White – had never led troops under fire. One veteran of the 24th, Al Brooks, believed the 24th was a "penal regiment for white officers who had screwed up. This was their last chance."

A number of all-Black units took part in the United Nations' first victory of the war, at Yechon on July 20, and were initially widely praised for their efforts. Gen. Douglas MacArthur said the 24th "fought a splendid delaying action against overwhelming odds … (and) is making every yard the red Army gains increasingly more costly."

However, long-seated prejudice against the fighting abilities of Black troops persisted, and even their successes were downplayed. Only weeks after the victory at Yechon, high-ranking officers declared there had been no real battle there, and asserted that the men of the 24th accomplished little more than securing an abandoned village.

The downgrading of the successes of Black troops, along with the amplification of their failures, was a long-standing trope among Army leadership. Going back to their inception during the Civil War, all-Black units were regularly criticized from some sectors of Army

The Buffalo Rangers

Beginning with World War II, opportunities were created for African Americans to enter specialized units that had previously been off-limits to them, such as the Marines and the Air Corps. Under pressure from labor leader A. Philip Randolph and the NAACP, President Franklin D. Roosevelt instructed the armed forces to provide training for more Black officers and to create all-Black units throughout the military.

The most famous were the 332nd Fighter Group (the Tuskegee Airmen) and the 761st Tank Battalion, later known as "Patton's Panthers" for their exploits during the Battle of the Bulge. While the 332nd and 761st were disbanded soon after the end of World War II, as the Army dragged its feet on integration, another specialized all-Black unit – the 2nd Ranger Infantry Company (Airborne) – served with distinction in Korea.

Organized in 1950, the "Buffalo Rangers," as they called themselves, were made up of numerous World War II combat veterans, including some who had served in the famous "Triple Nickel" all-Black paratroop battalion. In Korea, members of the 2nd distinguished themselves on numerous occasions dropping behind enemy lines, most notably as part of Operation Tomahawk in the liberation of Seoul in March 1951. Later that year, the 2nd Ranger Company was disbanded, having earned four campaign streamers.

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"America has had such a sordid history in terms of race relations, you become almost immune and assume this is the way it should be. In a Black unit, I had to convince the soldiers under my control that we're as good as anyone. And given the opportunity, we'll prove it."

Retired Army Lt. Gen. Julius W. Becton Jr., who served in Korea and Vietnam, earned two Silver Stars, and commanded VII Corps in Europe during the Cold War

leadership for not performing as well as white troops, with the most damning accusation that Blacks were susceptible to fleeing in front of the enemy.

An official Army War College study following World War I concluded that while "the Negro is physically qualified for combat duty … he has not the physical courage of the white," and "he simply cannot control himself in fear of some danger in the degree that the white can."

During World War II, members of the all-Black 92nd Division – the only all-Black infantry division to serve in Italy – were accused of abandoning their posts under fire, which resulted in demotions, transfers and even courts-martial. Overall, 378 enlisted men and 17 officers of the 92nd were tried in general courts-martial. The NAACP legal team, led by future Supreme Court Justice Thurgood Marshall, successfully appealed a number of those cases.

During the Korean War, Marshall again investigated claims of Black cowardice and defended African American soldiers accused of wrongdoing by the Army. He remarked that the charges "little varied from war to war. First come reports from the front of some heroic deed done by Negro soldiers … and then suddenly the reports change. As if in a concerted effort to discredit the record of Negro fighting men, the tales we begin to hear are of incompetency, failure and cowardice – accounts which would make it appear that Negroes are not capable of combat duty and should be restricted to labor battalions."

While most charges of Black cowardice in the U.S. military were unsubstantiated, such attacks dogged Black units throughout their history, and resurfaced again following a disastrous retreat by U.S. forces in late November 1950 at Kunu-ri. One white battalion commander, Melvin Blair, accused the African American and Turkish units of running "like rabbits" from the fight, a statement that was publicized widely back in the United States and later repeated in the official Army history of the war.

African American newspapers repudiated this account, quoting soldiers who blamed Blair's ineptitude, not Black cowardice, for the disaster at Kunu-ri. Thomas Pettigrew, a Black warrant officer who was present at Blair's command post when the Chinese attacked, described Blair as "hysterically and incoherently giving orders" to defend the post and denied that Black units had run.

While there certainly are a number of documented instances where both Black and white troops broke and ran in Korea, historians have concluded that Black troops performed no worse than white soldiers at Kunu-ri or anywhere else during the early months of the war, and that the criticism of Black units by white officers, such as Blair, might have been to deflect criticism of their own troops or themselves.

Nevertheless, the belief that the 24th "bugged out" dogged the reputation of the unit. Blair "bloodied the nose of the Negro" by implying that the 24th had cowered in the face of danger, according to *Pittsburgh Courier* correspondent Frank Whisonant, who asserted that Black troops were always blamed when things went bad, while the white officers got credit for any successes.

Ironically, the criticism of Black units by officers, as well as manpower demands put on the military during the Korean War, finally helped to bring about an end to segregation in the Army. After reports of poor performance by Black troops at the outset of the war, in September 1950 Maj. Gen. George Kean requested that the 8th Army remove the

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Master Sgt. Edward L. Posey, 2nd Ranger Company (Airborne)

all-Black 24th Infantry Regiment from the battlefield, because it had shown itself "untrustworthy and incapable of carrying out missions expected of an infantry regiment." However, he was clear to point out that, unlike the assessment of others in Army leadership, the problem was not with Black soldiers but with segregated units.

Indeed, the first soldier to earn the Medal of Honor in Korea was a member of the 24th, Pfc. William Thompson. By this time, a number of military leaders concluded that all-Black units performed poorly not because they were Black but because they were segregated – often led by underqualified white officers (often Southerners, who Army leadership had historically put in charge of Black troops), who had been demoted to positions of leading Black units because of poor performance elsewhere. As a result, training, leadership and morale were all lacking in many all-Black units. Kean called on the Army to disband the 24th and reassign its men to other divisions, a request that was initially rejected.

Beginning in September 1950 there were some limited experiments in integration in the Army. Black tank commanders, gunners, gun loaders and drivers began serving with the 89th Medium Tank Battalion, and Black infantrymen in the 27th and 35th regiments of the 25th Division. The demand for manpower also helped bring about a more robust demand for integration from politicians in Washington who increasingly saw the segregation of the Army as inefficient and costly.

MacArthur rejected such calls, arguing that it was not practical to undergo such dramatic changes in the middle of a war. His dismissal by Truman in April 1951 for insubordination removed the final obstacle to integration. His replacement, Lt. Gen. Matthew Ridgway, declared segregation to be "wholly inefficient" to military effectiveness, as well as "both un-American and un-Christian," and moved quickly to disband all-Black units and reassign their men. While "the Jim Crow barriers began to crumble under Gen. Douglas MacArthur," reported *Chicago Defender* correspondent Alex Wilson, "it was Gen. Matthew Ridgway who in a forthright manner ordered an end to Army segregation in the Far East."

However, while Black troops were supportive of integration, they were upset that only their divisions were retired, with all Black soldiers assigned to previously all-white units. Of the four historic all-Black regiments created after the Civil War – the famed Buffalo Soldier units – the all-Black 9th and 10th Calvary Regiments were deactivated in late 1950, and the 25th Infantry Regiment was broken up into battalions before being inactivated.

Finally, in October 1951, the last of the all-Black units, the 24th Infantry Regiment, was disbanded and its members reassigned. The decision to retire the historic all-Black regiments instead of integrating them, struck African American soldiers as a final slap in the face by the military. They disputed the Army's rationale that due to incompetence on the battlefield the all-Black units had to be retired.

Curtis Bolton, who served with the 24th and was a prisoner of war for three years, said, "I know that we fought as well as any other unit did, and the information has been distorted and stories too that are not true …. I would like for the records to reveal and tell the true story of the 24th."

Thomas J. Ward Jr. is an award-winning historian and assistant dean in the School of Arts and Sciences at Farmingdale State College in New York.

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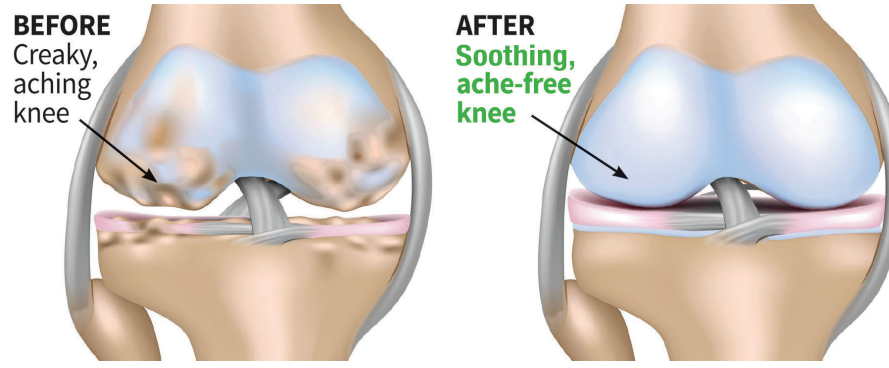

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Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense "significantly improved joint function and relieved discomfort in as early as five days." That's relief that is 10 times faster than glucosamine.

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One of racing's top young superstars, 2021 NTT INDYCAR Series champion Alex Palou, will drive The American Legion's car in 2023, as will 2022 Indianapolis 500 winner Marcus Ericsson and up-and-coming INDY NXT driver Kyffin Simpson. They'll also drive the Legion's message to prevent veteran suicide.

"Supporting our nation's veterans is of immense importance to our organization, and we are humbled to continue supporting The American Legion's mission in ending veteran suicide," said Chip Ganassi, owner of Chip Ganassi Racing, in a December announcement that the Legion and his team have signed a new multiyear partnership. "We will do absolutely everything we can to help veterans get the support they need while raising public awareness of the Be the One platform."

The relationship with Chip Ganassi Racing kicked off in late 2020, and hit the track in 2021 when the Legion's mission focus on veteran suicide prevention was announced in a press conference at the Indianapolis Motor Speedway.

"We have received an overwhelming amount of support from fans, active-duty military members and veterans as a result of this partnership," said Dean Kessel, the Legion's chief marketing officer. "Thanks to the continuous collaboration with the team's other partners, and the promotion of the Be the One initiative, we are discovering more ways to engage with the military community than ever. We want all veterans to know it's OK to ask for help."

Learn more about Be the One at **betheone.org**.

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42
Appearances at races by the American Legion activation trailer during the 2022 season, where spectators joined, donated and learned about the organization

Retired Navy SEAL and Chip Ganassi Racing Extreme E Team Manager Dave Berkenfield presents a donation check to Gaither Keener, chairman of the Legion's National Finance Commission, in October. Photo by Hilary Ott

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MEDALS REVIEW FOR MILITARY MINORITIES

Passed as part of the 2020 National Defense Authorization Act

"The military has at times been a leader in social change. This project should hopefully continue that long tradition of righting a possible wrong."

Timothy Westcott, Marine Corps veteran and American Legion member, director of the George S. Robb Centre for the Study of the Great War

Systematic reviews of military records to determine if discrimination prevented a worthy recipient from receiving top honors have been authorized by Congress for 30 years. But it wasn't until the 2020 National Defense Authorization Act that review of actions of Black troops during the first world war came under new scrutiny, following pressure from the U.S. World War One Centennial Commission and The American Legion.

The George S. Robb Centre for the Study of the Great War at Park University in Parkville, Mo., is leading a complicated research effort to review cases of military personnel who served over a century ago who may have been denied warranted Medals of Honor due to their ethnicity or religion.

The Valor Medals Review Project and Task Force, a team of researchers and historians, has identified 214 members of the Army (197), Army Air Corps (5), Marine Corps (7), Navy (4) and Navy Air Corps (1) who qualified for review.

Records under review

105 Jewish Americans
73 African Americans
23 Native Americans
12 Hispanic Americans
1 Asian American

22

Medal of Honor upgrades for Asian Americans and Native American Pacific Islanders after review of Distinguished Service Cross citations they received as members of the U.S. Armed Forces during World War II. That review was conducted as part of the 1996 National Defense Authorization Act.

30

Medals of Honor awarded to Black World War II veterans between 2000 and 2018 after a records review by a research team from Shaw University in Raleigh, N.C., following acting Army Secretary John Shannon's 1993 commissioning of a independent study into potential discrimination

24

Medals of Honor awarded in 2014 after the 2002 National Defense Authorization Act called for a review of Jewish and Hispanic U.S. military personnel who served in World War II, the Korean War and the Vietnam War

Database of valor

The George S. Robb Centre maintains an online database containing information and searchable profiles for World War I military personnel who qualified for investigation under the Valor Medals Review initiative. ***gsr.park.edu***

The American Legion National Executive Committee passed a resolution in October 2020 in support of legislation "to lift statutes of limitations and other obstacles that may impede proper investigation and appropriate actions for minority veterans of all wars and conflicts whose military records and official descriptions of combat actions fully support consideration for award of the Medal of Honor and any other military medal."

‘Victories for veterans’

American Legion National Commander Vincent “Jim” Troiola called three Legion priorities passed in the late-December omnibus appropriations bill “victories for veterans.”

National Buddy Check Week VA will conduct a national Buddy Check Week, modeled after the successful Legion program.

VA for WWII veterans All living World War II veterans will be eligible for VA care.

Visas for allies Reauthorizes the Special Immigrant Visa program for Afghan allies, adds thousands more.

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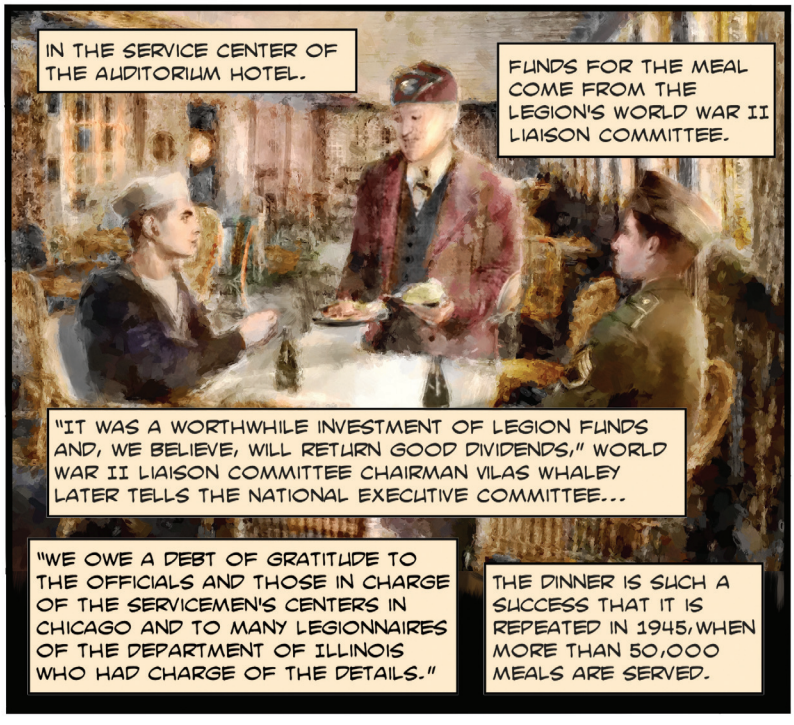
[1]Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.

LT 70067 A

LORE OF THE LEGION
STORY: JEFF STOFFER
ART: AUSTIN POWELL
EDITOR: AUGUST UHL
WAR IS RAGING IN TWO THEATERS, AND THOUSANDS OF ACTIVE-DUTY MEN AND WOMEN ARE TRAINING IN CHICAGO TO DEPLOY. IT'S OCTOBER 1944, THE FIRST OF TWO STRAIGHT NATIONAL CONVENTION YEARS IN THE WINDY CITY FOR THE AMERICAN LEGION.
WHAT COULD THE LEGION DO TO GIVE THOSE SERVICEMEMBERS SOMETHING TO REMEMBER BEFORE THEY GO OFF TO WAR?
THE WORLD'S BIGGEST CHICKEN DINNER!
"YOU CANT GO WRONG WHEN YOU FEED A HUNGRY SOLDIER, SAILOR OR MARINE," THE AMERICAN LEGION NATIONAL LEGIONNAIRE NEWSPAPER REPORTS.

THE FIRST DINNER INVOLVES 52 CHICAGO SCHOOL CAFETERIAS. MORE THAN 45,000 POUNDS OF CHICKEN ARE FRIED. SIDE DISHES AND DESSERTS ARE PREPARED, AND ILLINOIS LEGIONNAIRES RUSH THE MEALS, PIPING HOT, TO THREE SERVICE CENTERS IN THE CITY. THE LEGION FEEDS 62,177 SAILORS, MARINES, SOLDIERS, WACs, WAVES AND BRITISH PERSONNEL STATIONED AROUND LAKE MICHIGAN. AMERICAN LEGION NATIONAL COMMANDER WARREN ATHERTON PERSONALLY SERVES THE FIRST MEAL OF THE 1944 PRE-CONVENTION CHICKEN DINNER...


IN THE SERVICE CENTER OF THE AUDITORIUM HOTEL.
FUNDS FOR THE MEAL COME FROM THE LEGION'S WORLD WAR II LIAISON COMMITTEE.
"IT WAS A WORTHWHILE INVESTMENT OF LEGION FUNDS AND, WE BELIEVE, WILL RETURN GOOD DIVIDENDS," WORLD WAR II LIAISON COMMITTEE CHAIRMAN VILAS WHALEY LATER TELLS THE NATIONAL EXECUTIVE COMMITTEE...
"WE OWE A DEBT OF GRATITUDE TO THE OFFICIALS AND THOSE IN CHARGE OF THE SERVICEMEN'S CENTERS IN CHICAGO AND TO MANY LEGIONNAIRES OF THE DEPARTMENT OF ILLINOIS WHO HAD CHARGE OF THE DETAILS."
THE DINNER IS SUCH A SUCCESS THAT IT IS REPEATED IN 1945, WHEN MORE THAN 50,000 MEALS ARE SERVED.

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THE JOB FRONT BY WENDY S. ENELOW

How to follow your occupational instinct

I coined the phrase "occupational instinct" (OI) when I realized, early in my career, that I was making a living doing something I had always done and always loved: writing. It is my innate talent and the springboard for everything in my career.

A person's OI can be powerful. I know a 45-year-old professional who has loved cars since he was a boy. In high school, he started a car-detailing business. After college, he was recruited by a major automotive company, and his career has thrived ever since.

Not everyone discovers their OI early in life. I know, too, a veteran whose Navy career began in transportation, but his true talent – his OI – was in training, where he could leverage his communication, motivation and interpersonal skills. Although it took him well into his 30s to discover his OI, he then followed it happily for the remainder of his career.

When you discover your OI, you often experience a deeper connection to your profession, your industry, your colleagues and more. You feel a greater sense of joy and achievement because you've tapped into what you find most fulfilling.

Leveraging your OI talents also leads to purposeful career management. With purpose, you can drive much of how and where your career progresses while achieving a level of personal self-fulfillment that too many never achieve.

Follow this path to uncovering your OI:

- **Identify what you are internally destined to do in your career.** What interests and entices you? From what do you glean the most satisfaction? When do you feel most fulfilled?
- **Discover what career opportunities exist for someone with your skills.** Are those positions and industries on growth trajectories where jobs will abound well into the future?
- **Research corporate culture to ensure it aligns with "who" you are and "how" you work.** Every organization has a different culture. What kind do you need in order to thrive?
- **Map out your lifelong projected career path.** What job do you want now? In five years? In 10?

Understand that your OI can transform over time as you experience and learn more. You will always have the same OI foundation, but the process is organic and does evolve.

Wendy Enelow is author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles.
wendy@wendyenelow.com

MY GI BILL VETERANS & EDUCATION
BY VALERIE HEFFNER

Which GI Bill benefit to choose?

Q: *In 2020, I was released from the Army, and I decided to pursue an engineering degree. When I applied for the GI Bill, the application prompted me to select the benefit I wanted and the one I desired to relinquish. My father is a disabled veteran, making me eligible for Chapter 35, Survivors' and Dependents' Educational Assistance. I am currently in the active reserve. Hence, I qualify for Chapter 1606, Montgomery GI Bill – Selected Reserve. Lastly, I was on active duty, so I also qualify for Chapter 33, Post-9/11 GI Bill. Which benefit is best for me to relinquish?*

A: When applying for GI Bill educational benefits, a veteran must choose the exact benefit for their unique educational needs.

- **Chapter 35** does not pay for tuition, fees or books. The monthly housing allowance (MHA) of $1,401 is for full-time students and a survivors' benefit.
- **Chapter 1606** is for active-duty reserve members. This benefit does not pay for tuition, fees or books. The MHA benefit is $436 for students who attend full-time.
- **Chapter 33** will pay for tuition, fees and books.

The MHA varies by the veteran's school location: state-to-state, CONUS (continental United States) and OCONUS (outside the contiguous 48 states).

Once a chapter benefit is relinquished, it can never be opted for again. An excellent tool to assist in determining which benefit is best is the comparison tool at **va.gov/education**.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz.
askvalerie@legion.org

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If your tired, achy legs and feet are preventing you from moving easily...

Now, a prickly herb has been discovered to....

BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the "horse herb". Then somehow with Europe's ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, ND.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

... meaning, discomfort, water retention, leg swelling, tiredness and circulation **improved in 95% of test subjects**

Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. this causes non-stop pain. This is where Neuroflo's active ingredient is such a big help.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today's treatments don't work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

HOW IT WORKS

Here's why you have pain now: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, "I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn't even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away."

WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I'm delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects" says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, ND says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it."

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief," said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

WORKS IN AMAZING WAY: *A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results – sending relief to thousands of users with:*

- ***Burning, Tingling, Numbness***
- ***Swollen, Achy Feet***
- ***Painful Legs & Feet***
- ***Varicose Veins***

Now you can get a good night's sleep - peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk damage to your feet and hands. Don't let it get dangerously worse.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of Neuroflo for readers. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE **1-877-304-6822** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

Important: Due to Neuroflo's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

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FOCUS ON FINANCES BY J.J. MONTANARO

5 money moves for the new year

A month in, it's time to get to work making this new year one to look back on and celebrate. From a financial perspective, that means tangible action on your part to turn the tide on tough times, build on positive efforts or make a fresh start. The following five ideas aren't new, but a renewed focus on them could help you win in 2023.

Revisit spending Inflation has affected where and how much we are spending. The extent will vary based on your personal spending habits. Taking the time and effort to track where your money is going will give you the intel you need to make decisions and adjustments that align with your values and goals. Make it happen; don't let it happen to you.

Save a bit more If you're still working, this is about the time pay increases become a reality. Social Security and military retirement recipients received about a 9% raise this year. While you may need that boost just to keep pace with inflation – your spending assessment will tell you – it might provide an opportunity to build your cash cushion or save for other goals.

Revisit your why When was the last time you reviewed your written goals? They provide the motivation and direction for all you do financially. If they are stale or not front-and-center, or don't even exist, that could be what's holding you back.

Rerun your projections Combine rising costs and the 2022 bear market, and it's likely things have changed. Your vision, and the accompanying price tag for retirement or any of your goals, may need a fresh look and perhaps some course corrections in your day-to-day actions.

Find balance My wife and I were discussing a potential getaway last week. Unfortunately, as we looked at our calendars, there just didn't seem to be a way to make it happen. That whole experience had me thinking, "Where's our balance?" We haven't arrived at a happy solution yet, but we will. So should you. One lesson we've taken from the past couple of years is the need for goodness in the journey.

If there's a theme in these five moves, it's revisiting and assessing your everyday financial activities. Doing so, and being deliberate and purposeful, may be all it takes to lift your personal finances to a new level.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. ***legion.org/usaa***

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Start planning your trip to the Legion's national convention

Department hotel assignments for The American Legion's 104th National Convention, set for Aug. 25-31 in Charlotte, N.C., are posted online. Hotel reservations and convention registrations must go through each department's headquarters; contact information is included with the listings. Also available is a map of hotels located within a half-mile of the Charlotte Convention Center.

legion.org/convention/resources

350,000
Jobs "reshored," or brought back to the United States, by U.S.-based companies in 2022, up from
265,337
in 2021
Source: The Wall Street Journal

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Stocks, bonds produce dividends for American Legion programs

Donating appreciated securities, including stocks or bonds, is an easy and tax-effective way for you to make a lasting gift to The American Legion.

Gifts of stocks and bonds have many benefits to the donor, including:

- Avoiding capital gains tax on the sale of appreciated stock
- Receiving a charitable income-tax deduction
- Furthering of the Legion's mission immediately

How you can make a gift of stocks and bonds

By electronic transfer Contact the Legion's Office of Charitable Giving for instructions on how you can transfer stock or bonds from your brokerage or investment account to The American Legion.

By certified mail If you hold securities in certificate form, you will need to mail two envelopes separately to complete your gift. In the first envelope, place the unsigned stock certificate(s). In the other, include a signed stock power for each certificate. You may obtain this power from your broker or bank. Remember to use certified mail.

The value of a stock gift

There are special rules for valuing a charitable gift of stock. The value is determined by taking the mean (average) of the high and low stock prices on the date of the gift. Mutual fund shares are valued using the fund's closing price on the date of the gift.

Learn how to help

To learn more about planned giving, dedicating some part of an estate to The American Legion and more, contact the Office of Charitable Giving at **(317) 630-1225**, email **plannedgiving@legion.org** or visit **legion.giftlegacy.com**.

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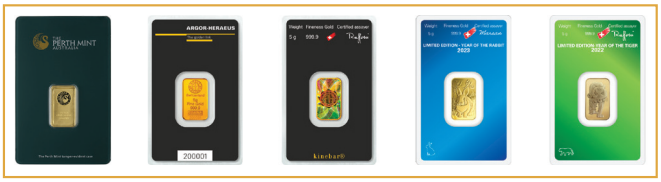

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** e-mail **reunions@legion.org** or submit information online at **legion.org/reunions**.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing twice a year.**

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail **reunions@legion.org**.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.**

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine*, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine*, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

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8th Tact Ftr Wing (Ubon RTAFB), Tucson, AZ, 5/17-19, John Leichliter, (216) 633-2342, piratefan1960@gmail.com; **F-106 All Trps,** San Antonio, 4/12-16, Bob Kwiecinski, (734) 771-9501, bobski9933@aol.com

ARMY

4th (IVY) Inf Assn, Jacksonville, FL, 7/31-8/5, Glen "Rusty" Armstrong, (414) 630-2484, ivyleaveseditor@gmail.com; **56th Trans Co (ADS),** Santa Ana, CA, 4/26-29, Joseph Perchetti, (609) 440-1397, jperchetti@aol.com; **566th Trans Co,** Pigeon Forge, TN, 4/25-30, Hoss Taylor, (904) 335-7402, vietnam566th@yahoo.com; **615th MP,** St. Louis, 5/2-5, Steve Belcher, (850) 832-2492, stevebelcher48@gmail.com; **Red Warriors 1/12 Inf Vietnam Assn,** Milwaukee/Brookfield, WI, 5/16-18, Glen "Rusty" Armstrong, (414) 630-2484, ivyleaveseditor@gmail.com

JOINT

Nakhon Phanom Royal Thai AB (1972-1975), Charleston, SC, 4/13-15, Amy Lee, (757) 937-9305, amy@afri.com

MARINES

East Coast Drill Instructors' Assn, MCRD Parris Island, SC, 5/4-7, Kenneth Miller, (828) 499-0224, usmcpidi@charter.net

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Archerfish* SSN 678 & SS 311,** Groton, CT, 8/24-26, John Gumba Carcioppolo, (860) 514-7064, gumba700@comcast.net; ***Compton* DD 705,** Pensacola, FL, 5/1-4, Bob DiMonte, (850) 492-3483, bobdimo@cox.net; ***Donner* LSD 20,** Dallas, 5/1-4, Dennis Heimbach, (610) 775-7539, dennisheimb@gmail.com; ***Guam* LPH 9,** Baltimore, 9/9-14, Roger Grant, (240) 444-3978, handprints1@comcast.net; ***McKean* DD/DDR 784,** Savannah, GA, 3/8-10, Joe Winkel, (510) 351-5426, joewinkel@comcast.net; **Nat'l Chief Petty Officers Assn,** Las Vegas, 10/16-19, Earl Young, (850) 936-2442, earl55k@yahoo.com; ***Regulus* AF 57,** St Louis, 5/16-19, Ric Neiman, (804) 337-2626, ricneim@aol.com; **Site One Holy Loch (All Ships & Shore Facilities),** Dunoon, Scotland, 5/10-14, Gerry Haight, (307) 349-3468, charliehaight@yahoo.com; ***Stoddard* DD 566,** St. Louis, 9/28-10/1, John Rauh, (573) 517-1996, cjrauh@ldd.net; ***Truckee* AO 147,** Norfolk, VA, 9/13-17, Mike Landers, (770) 926-6965, mlanders52@yahoo.com; ***Tutuila, Mobile, AL, 4/19-22, John Ward, (570) 384-3057, fopward54@gmail.com

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Air Sea Rescue Service, 33rd & 76th Rescue Sqdns (Okinawa, 1960-1962), Douglas Lee, (843) 857-7544

***Alameda County* AVB 1 (June 1960-Feb 1962),** Michael Mazza, (917) 691-4603

Army Reception Grp Europe (USARGE) (Camp King, Oberursel, Germany, 1971-1974), Keith Wood, (336) 994-2453, kedowood@triad.rr.com

HQ Co USAAMAC TMP-21 (Coleman Bks, Mannheim, Germany, 1969-1971), Patrick Crider, (219) 776-0518, patrick3718@att.net

***Leary* DD/DDR 879 (1945-1974),** Al Redden, (308) 530-1284, alshr@allophone.com

TUSLOG Det 94 Flt D (Turkey, 1964-1965), Bill Rice, (315) 427-6211, br306444@gmail.com

TAPS

Paul D. Bennett, Dept. of Missouri. Nat'l 100th Anniv. Cmte. Ex-Officio Memb. 2016-2017, Nat'l Cmte. on Children & Youth Memb. 2017-2022, Nat'l Historian 2016-2017 and Nat'l Sec. Cncl. Memb. 2011-2016.

W.E. "Gene" Franks, Dept. of Alaska. Dept. Cmdr. 2001-2002, Nat'l Exec. Cmte. Alt. Memb. 2002-2004, Nat'l Sec. Cncl. Vice Chmn. 2000-2003 and Nat'l Veterans Employment & Education Cmsn. Memb. 2003-2004.

Melvin L. Goslar, Dept. of Iowa. Nat'l Homeland Security & Civil Preparedness Cmte. Memb. 1996-2013, and Nat'l Law and Order & Homeland Security Cmte. Memb. 2013-2022.

Bud Mautz, Dept. of Wisconsin. Dept. Cmdr. 1975-1976, Nat'l Americanism Cmsn. Liaison Cmte. Memb. 1976-1978, Nat'l Exec. Cmte. Memb. 1976-1978 and Nat'l Foreign Relations Cncl. Vice Chmn. 1974-1976.

Carson W. Mitchell, Dept. of Alabama. Dept. Cmdr. 2009-2010 and Nat'l Sec. Cncl. Memb. 2006-2017.

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Always looking for the nearest rest stop?

New Prostate Discovery Helps Men Avoid "Extreme Bathroom Planning"

Men across the U.S. are praising a revolutionary prostate pill that's 1000% more absorbable. Now the visionary MD who designed it is pulling out all the stops to keep up with surging demand…

Among the all-too-familiar, occasional problems like sleepless nights, frequent urination, late-night wake ups, a bladder that's never quite empty, and constant, extreme planning for rest stops and bathroom breaks.

These are the common signs of inconvenient urinary issues. But men nationwide are now reporting they've found help these occasional problems thanks to a major breakthrough in nutrient technology.

Prosta-Vive LS is the new prostate pill sweeping the nation. Men say they feel they're now having strong, complete, effortless urine flow they enjoyed in their 20s and 30s.

The key to its success is a new nutrient technology that makes the key ingredient 1000% more absorbable, according to a study by endocrinologists at Washington University in St. Louis.

Nick Summers is the spokesman for Primal Force Inc., the firm in Royal Palm Beach, Fla. that makes **Prosta-Vive LS**. He reports demand is surging due to word-of-mouth and social-media.

"We knew **Prosta-Vive** really worked to 'support healthy, stronger urine flow," Summers stated. "But no one could have predicted the tens of thousands of men looking for a truly supportive prostate pill."

NEW PROSTATE FORMULA DRAWS 5-STAR REVIEWS

It's not the first time Dr. Al Sears, the Florida-based MD who designed the breakthrough formula, has shaken up the status quo in men's health.

A nationally recognized men's health pioneer and the founder of the Sears Institute for Anti-Aging Medicine in Royal Palm Beach, Fla., Dr. Sears has been featured on ABC, CNN, and ESPN.

He's authored more than 500 books, reports, and scientific articles, many focusing on prostate issues that may affect virtually all men sooner or later.

"By age 60, I find about half of my male patients feel the need for prostate support," Dr. Sears explains. "By the time they reach age 80, it's over 90 percent."

Prosta-Vive LS has reportedly made a life-changing difference for these men. One appreciative thank-you letter came from Jim R, a patient.

"I had immediate results," Jim R. wrote in his thank-you note. "I slept through the night without going to the bathroom.

"Last night was the most amazing of all," he added. "I slept for 10 hours without going to the toilet."

Results like these explain the flood of phone calls the company's customer service department is handling from men who want to know how the new formula works...

PROSTATE PILL BACKED BY CLINICAL RESULTS

Prosta-Vive LS's extraordinary success is being attributed to advanced innovations in nutrient technology.

Most prostate pills rely on either outdated saw palmetto … or the prostate-soothing compound Beta-Sitosterol.

But Dr. Sears cites growing evidence that saw palmetto and Beta-Sitosterol work much better together than either does on its own.

In fact, a recent clinical trial involving 66 men taking a combination of saw palmetto and Beta-Sitosterol reported "significant" improvement across the board.

Among the results: Fewer of those occasional late-night wake ups, a stronger stream, less starting and stopping, and complete emptying of the bladder.

That's why **Prosta-Vive LS** includes both saw palmetto and Beta-Sitosterol, to ensure men get the extra prostate support they need. Frustrated men say it's giving them tremendous support.

But there's another key reason **Prosta-Vive LS** is helping men get back control in the bathroom.

NO more extra "pit stops", NO more interrupted meetings - Men are free of bathroom woes and feel RELIEF.

YOUR PROSTATE IS HUNGRY FOR HEALTHY FAT

The other key innovation in **Prosta-Vive LS** is its addition of healthy omega-3 fatty acids.

"It turns out what's good for your heart is also good for your prostate," says Dr. Sears. "That's why I put heart-healthy omega-3s in a prostate pill."

Researchers have long known Beta-Sitosterol has a great potential to support healthy prostate function.

But Beta-Sitosterols are "hydro-phobic" -- they don't mix well with water. And that can make them much harder for the body to absorb.

That's where long-chain omega-3s come in. The latest research shows they boost Beta-Sitosterol absorption by 1000%.

Dr. Sears explains, "Most people only get trace amounts of Beta-Sitosterol because it can be hard to absorb. In this respect, the long-chain fatty acids in **Prosta-Vive LS** are a real game-changer. They supercharge the absorption."

This improved absorption is proving to be a revolutionary advance. **Prosta-Vive LS** is changing men's lives, quickly becoming the No. 1 support supplement for supporting men's prostate health nationwide.

Now, grateful men are calling almost every day to thank **Prosta-Vive LS** for supporting a renewed sense of empowerment over their own lives.

One patient, Ari L., wrote, "I used to get up on occasion at night to go to the bathroom. Now I only get up once… and I feel it has supported my prostate, keeping my PSA levels in the normal range."

Patients report they have more energy, sleep better, and no longer feel embarrassed by that occasional sudden need to use the restroom.

Thanks to **Prosta-Vive LS**, thousands of men feel more confident about their urinary health and are no longer being held hostage to pee problems and feel more confident about their urinary health.

They say they're getting great sleep and finally feel back in charge of their own lives.

HOW TO GET PROSTA-VIVE LS

Right now, the only way to get this powerful, unique nutrient technology that effectively relieves the urge to go is with Dr. Sears' breakthrough **Prosta-Vive** formula.

To secure a supply of **Prosta-Vive**, men need to contact the Sears Health Hotline directly at **1-800-347-4985**.

"It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer and we're racing to keep up with demand."

Dr. Sears feels so strongly about **Prosta-Vive's** effectiveness that all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you your money back," he says.

Given the intense recent demand, the Hotline will only be taking orders for a limited time. After that, the phone number may be shut down to allow for restocking. If you are not able to get through due to extremely high call volume, please try again!

Call **1-800-347-4985** NOW to secure your limited supply of **Prosta-Vive** at a significant discount. To take advantage of this exclusive offer use Promo Code: **AMLPV223** when you call.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY. CONSULT YOUR DOCTOR BEFORE USE. ALL STUDIES PERFORMED WERE INDEPENDENT AND THIRD-PARTY.

The problem with being on time is that no one's there to appreciate it.

I CAN'T WAIT for Valentine's Day. I get to make cupcakes for a special someone, and that special someone is me.

AT MY LAST job interview, the manager handed me his laptop computer and said, "Try to sell this to me." I put it under my arm, walked out of the building and went home.

A few minutes later, he called my phone and said, "Bring it back here right now!"

I replied, "A hundred bucks and it's yours."

A BUSLOAD of retired Americans was touring Switzerland. On the third day, they visited a farm known for its goat cheese. The farmer's wife gave them a tour and some samples.

As the retirees tasted the cheeses, she pointed to a pasture and said, "This is where we let our older goats graze after they no longer give milk. In America, what do you do with your old goats?"

A woman piped up, "They take us on bus tours."

A MOTHER asked her son, "Wouldn't you like a nice cake with five candles on it for your birthday party?"

The boy replied, "I'd rather have five cakes and one nice candle."

A LARGE ELEPHANT saw a turtle near a pond. The elephant lumbered over and squashed it under one large foot.

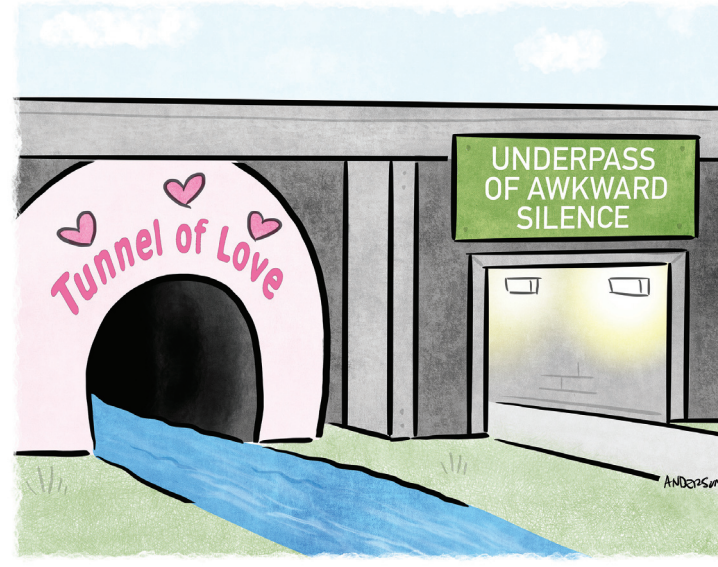
A jackal ran to the elephant and exclaimed, "Why did you do that?"

The elephant replied, "That turtle bit the tip of my trunk 17 years ago when I went to get a drink out of the river."

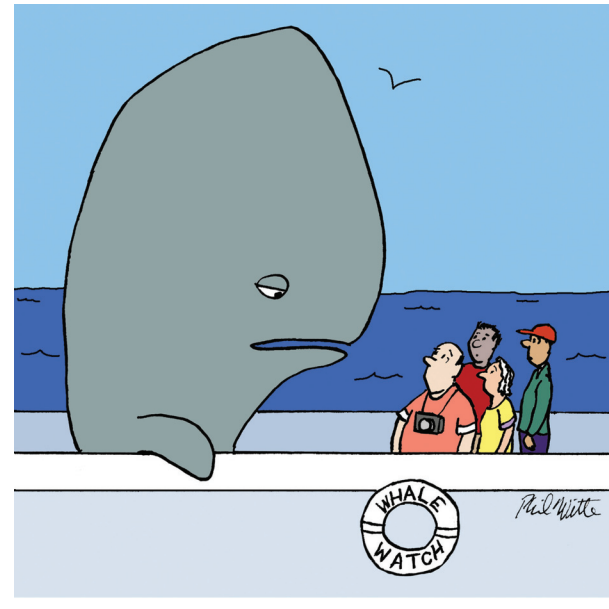
The jackal's eyes widened. "The same one? You must have an incredible memory!"

Raising its head proudly, the elephant declared, "Turtle recall."

"THE ONLY ADVANTAGE to wearing glasses is that you can do that dramatic removal."
– *Jim Gaffigan*



"I'm on hold for the next available communication."



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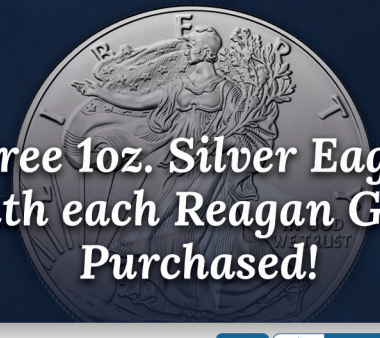

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